

Statistics Report 35151, Fish, salmon, sockeye (red), raw (Alaska Native)
Report Date: July 16, 2017 03:03 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water 1 | g | 69.64 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Energy | kcal | 153 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| Energy | kJ | 641 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| Protein 1 | g | 21.94 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Total lipid (fat) 1 | g | 7.28 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Ash 1 | g | 1.29 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Carbohydrate, by difference | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| Fiber, total dietary | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Sugars, total | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Sucrose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Glucose (dextrose) | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Fructose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |

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|---------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Lactose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Maltose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Galactose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Starch | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca 1 | mg | 7 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Iron, Fe 1 | mg | 0.53 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Magnesium, Mg 1 | mg | 27 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Phosphorus, P 1 | mg | 240 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Potassium, K 1 | mg | 360 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Sodium, Na 1 | mg | 60 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Zinc, Zn 1 | mg | 0.52 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Copper, Cu | mg | 0.052 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| Manganese, Mn | mg | 0.014 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |

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|--|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Selenium, Se 1 | µg | 29.9 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid 1 | mg | 0.0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Thiamin 1 | mg | 0.253 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Riboflavin 1 | mg | 0.297 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Niacin 1 | mg | 8.040 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Pantothenic acid 1 | mg | 1.140 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Vitamin B-6 1 | mg | 0.282 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Folate, total 1 | µg | 11 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Folate, food | µg | 11 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Folate, DFE | µg | 11 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 06/2009 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Vitamin B-12 1 | µg | 7.82 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Vitamin A, RAE | µg | 58 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 06/2009 |
| Retinol | µg | 58 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2006 |
| Carotene, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Carotene, alpha | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Vitamin A, IU | IU | 193 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 06/2009 |
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Vitamin E (alpha-tocopherol) 1 | mg | 1.25 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Tocopherol, beta 1 | mg | 0.01 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Tocopherol, gamma 1 | mg | 0.04 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Tocopherol, delta 1 | mg | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |

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|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Vitamin K (phylloquinone) 1 | µg | 0.3 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.007 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2006 |
| 8:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 10:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 12:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 14:0 1 | g | 0.170 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 15:0 1 | g | 0.020 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 16:0 1 | g | 0.670 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 17:0 1 | g | 0.010 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 18:0 1 | g | 0.130 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |

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|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 20:0 1 | g | 0.007 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 22:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 24:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Fatty acids, total monounsaturated | g | 2.200 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2006 |
| 14:1 1 | g | 0.010 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 15:1 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 16:1 undifferentiated 1 | g | 0.200 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 17:1 1 | g | 0.010 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 18:1 undifferentiated 1 | g | 0.880 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 20:1 1 | g | 0.610 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 22:1 undifferentiated 1 | g | 0.450 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 24:1 c 1 | g | 0.040 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Fatty acids, total polyunsaturated | g | 1.370 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2006 |
| 18:2 undifferentiated 1 | g | 0.070 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 18:3 undifferentiated 1 | g | 0.070 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 18:4 1 | g | 0.070 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 20:2 n-6 c,c 1 | g | 0.010 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 20:3 undifferentiated 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 20:4 undifferentiated 1 | g | 0.080 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 20:5 n-3 (EPA) 1 | g | 0.330 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |

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|----------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 21:5 1 | g | 0.010 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 22:4 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| 22:5 n-3 (DPA) 1 | g | 0.100 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| 22:6 n-3 (DHA) 1 | g | 0.630 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Cholesterol 1 | mg | 64 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan 1 | g | 0.310 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Threonine 1 | g | 0.990 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Isoleucine 1 | g | 0.970 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Leucine 1 | g | 1.520 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Lysine 1 | g | 1.760 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |

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| Methionine 1 | g | 0.780 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Cystine 1 | g | 0.310 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Phenylalanine 1 | g | 0.820 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Tyrosine 1 | g | 0.660 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Valine 1 | g | 1.120 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Arginine 1 | g | 1.120 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Histidine 1 | g | 0.500 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Alanine 1 | g | 1.350 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Aspartic acid 1 | g | 2.790 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Glutamic acid 1 | g | 3.030 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |

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|---------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Glycine 1 | g | 0.940 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Proline 1 | g | 0.650 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Serine 1 | g | 0.840 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2006 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/2006 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD